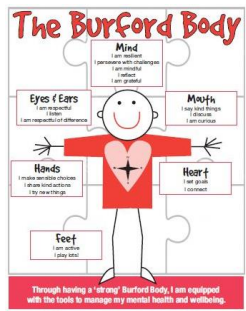




The Burford Body Bulletin

August 2023



Action for Happiness Calendar

Altruistic August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Set an intention to be kind to others this month.	2. Send an uplifting message to someone who isn't well.	3. Ask someone how they feel and make plans to meet up.	4. Spend time helping out, either for the people you care about or for the community.	5. Think and be friendly to the people you see today.	6. Write a letter to someone who may be lonely or feeling sad.	7. No phone day! Sit still and think about how you can be kind to others today.
8. Give time to help a friend or someone who is struggling.	9. Thank someone who is grateful to you and tell them why.	10. Check in with someone who may be lonely or feeling sad.	11. Write an encouraging message to someone who is struggling.	12. Do a kind act for someone who needs it.	13. Look for the good in everyone you meet today.	
14. Take an action to be kind to nature and care for our planet.	15. If someone is busy find a way to help them.	16. Make a thoughtful gift for someone.	17. Be kind and share something with someone who needs it.	18. Today do something to make the world a better place for someone who needs it.	19. Be kind to your friend and the people who make it possible.	
20. Donate unused items, clothes or food to help a local charity.	21. Give people the gift of your full attention.	22. Write an uplifting message to someone who is struggling.	23. Forgive someone who has hurt you in the past.	24. Give your time, energy or expertise to help someone who needs it.	25. Find a way to say 'I'm sorry' or suggest a good cause.	26. Write a letter to someone who may be lonely or feeling sad.
27. Have a friendly chat with someone you don't know very well.	28. Be generous and kind to help someone in need.	29. Give away something to help someone who is struggling.	30. Be kind to your friend and the people who make it possible.	31. Write a letter to someone who may be lonely or feeling sad.		

[Click here to view the full calendar](#)

Physical Health

You don't have to be tall to play **basketball**! It's a sport that really has it all: running, jumping, dodging, throwing and catching.

You can often find basketball hoops at local playgrounds or sports courts, but really all you need to play is a ball and something to aim at or through! Or you can practise dribbling and passing with a ball, or throwing and catching against a wall.

To find out more about basketball and opportunities to play locally, visit [Basketball England](#).



Wellbeing Tip - Self-care

For many adults, finding time for yourself can be a challenge, especially during the summer holidays, as you juggle family and work life. It can be easy to forget to look after your own wellbeing needs, as well as those of your children, which can lead to stress. Factoring in regular time or activities for yourself will hopefully allow you to enjoy the good moments in life more and to find strength during difficult times.

- Connect with family and friends
- Stay active
- Get outside
- Explore your creativity
- Engage in activities you enjoy



https://www.hanoverschools.org/sites/g/files/vyhlf3221/f/news/the_complete_guide_to_self-care.pdf

Healthy Eating

Cheesy Veggie Wedges Recipe

[Click here to view the full recipe](#)



Monthly Mantra

Take one day at a time and appreciate being outdoors. If you truly love nature, you will find beauty everywhere.

Key Dates:

- Cycle to Work Day 4th August 2023
- International Youth Day 12th August 2023
- World Humanitarian Day 19th August 2023



Mental Health Awareness

The summer holidays offer an opportunity to recharge, but some young people may find themselves struggling without the structure and support network of school.

The Anna Freud Centre has created a Summer Self-care pack for primary school aged children. The pack features a range of creative activities based on self-care strategies that other young people have found useful in helping them stay mentally healthy.

<https://www.annafreud.org/media/16292/my-self-care-plan-180722.pdf>